

DISEASE MANAGEMENT

McConnell AFB
22nd Medical Group
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WHAT IS DISEASE MANAGEMENT?

- Disease Management is a system of coordinated healthcare interventions and communications for target populations with chronic conditions in which patient self-care efforts and lifestyle changes are emphasized.
- Disease Management supports a health care team and patient relationship by working towards achievement of a mutual plan of care to achieve optimal wellness and prevention of further complications from chronic disease.
- Disease Management emphasizes prevention of exacerbations and complications by integrating evidence-based practice guidelines and patient empowerment strategies into the treatment plan.
- Disease Management evaluates clinical, humanistic and economic outcomes on an on-going basis with the goal of improving overall health.



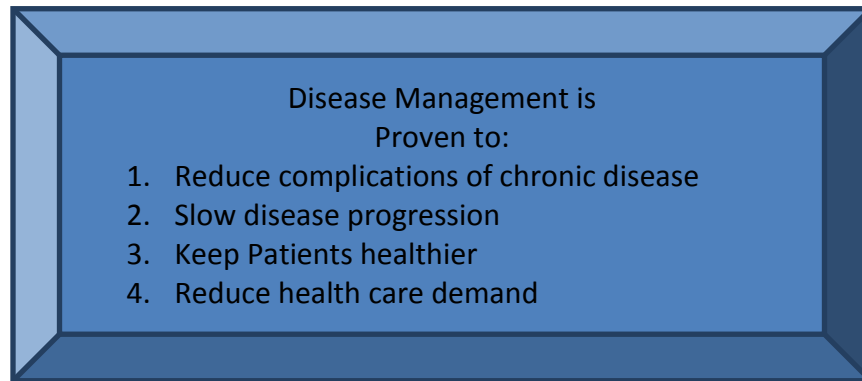
HOW CAN WE HELP?

- Disease Management nurses act as the patient's advocate and health coach to resolve treatment issues and assist the patient in establishing and independent self-managed and self-determinate chronic care treatment plan to promote and maintain optimal health and wellness.
 - As part of your health care team we work together to ensure that you are up- to-date with your care and help prevent long term complications.
 - Disease Management is based on evidence-based research guidelines for treatment and management of chronic diseases.
- Disease Management encourages active patient participation in health promotion and wellness.

Disease Management can only be effective when the patient is motivated to seek health improvement and is willing to undergo life style and behavior changes.

WHAT IS OUR FOCUS?

- **Diabetes**
- **More to be added in 2014**



WHAT IS OUR GOAL?

Disease Management offers a series of guided encounters to:

- provide reinforced education about the chronic illness
- formulate effective strategies in prevention and control of symptoms
- achieve patient confidence in assuming self-management skills

WHO IS ELIGIBLE FOR DISEASE MANAGEMENT?

- Patients can be referred to Disease Management by their Primary Care Manager (PCM). Make an appointment by calling 316-759-6300 to discuss Disease Management with your PCM.

WHO IS YOUR DISEASE MANAGER?

Mrs. Paula Hinkle RN, CDE, CCP-C

316-759-6923

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Helpful Resources

American Diabetes Association: www.diabetes.org

National Diabetes Education Program: <http://ndep.nih.gov>

Center of Disease Control and Prevention: www.cdc.gov

Healthy Weight Tips: www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Healthy People 2020: www.healthypeople.gov/2020/default.aspx

Tricare Get Fit: www.tricare.mil/getfit

Quit Tobacco: www.ucanquit2.org

Updated: 14Feb2014